

SHAC Meeting Minutes

11/29/2023

6:30 pm

Quorum of at least 5, Yes 9 members present

- **Welcome and introduction**

Summer welcomed and thanked everyone for being here.

- **Presentation of Minutes**

Summer presented the minutes from the last meeting.

- **Topics Discussed**

- Wellness plan was discussed and everyone understood it. There will be some changes made to the Wellness plan that was discussed.
 - Goals for Nutrition Education #2- All kids that are in the culinary class will receive their food handlers.
 - Nutrition Guidelines #3- The school follows the Square meals program.
 - Goals for Physical Activity #4- 12 days of fitness needs to be added and May PiPs needs to be removed.
- The summer meal plan was waived again this school year. The school board approved to waive it. Kids don't have means of transportation to come to the school for lunch, so they don't see it as beneficial.
- Mrs. Chambers will get flyers made about healthy snacks and she will give them out once a semester.
- Summer will contact Smiles Doctor in Brownwood to see if they would like to provide educational information.
- Mrs. Chambers did let everyone know that the school cafeteria offers different lunch options. Kinder thru 12 can get a hot meal or a peanut butter and jelly sandwich, 7-12 grade has the option for a salad.

Meeting was adjourned at 6:56 pm